



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL [office@annunciation.org](mailto:office@annunciation.org)

MARCH 2007

## CATECHETICAL HOMILY ON THE BEGINNING OF HOLY AND GREAT LENT

+BARTHOLOMEW

BY THE MERCY OF GOD

ARCHBISHOP OF CONSTANTINOPLE,

NEW ROME, AND ECUMENICAL PATRIARCH,

TO THE PLENTITUDE OF THE CHURCH,

GRACE AND PEACE FROM OUR LORD AND SAVIOR JESUS CHRIST,

TOGETHER WITH OUR PRAYER,

BLESSING AND FORGIVENESS

"The time has come which is the beginning  
of spiritual struggles."

(Hymn of the Ainoi (Lauds) of Cheese  
Fare Sunday)

Beloved brothers and sisters, children  
in the Lord,

It is with these words that the  
Sacred Hymnographer reminds us  
of our obligation to intensify our  
spiritual struggles for the benefit of  
our spiritual training and progress dur-  
ing this period of the Holy and Great  
Lent.

Humanity realized from ancient times  
that good things can only be acquired  
through hard work. Likewise did the  
Holy Fathers realize that, in order to  
savor divine love, within which  
everything good, both eternal and  
temporal, coexists, the contempt of  
repose is considered necessary, as  
Abba Isaac the Syrian says character-  
istically: The material goods and com-  
modities are what we humans pursue  
and acquire through great trouble,  
which we are usually ready for and  
willing to undergo.

However, spiritual goods are offered to  
us by God, under the condition that,  
first and foremost, it is Him and His  
love that we seek in all honesty, and  
not the spiritual gifts themselves,  
either for our own satisfaction, or our  
vainglory. The Lord Himself made it  
clear to us when He said that we  
ought to "seek first the Kingdom of  
God and His righteousness, and all  
these things shall be added to you"  
(Matt. 6:33). He also assured us that  
the person who offers to give up his or  
her life for the love of God, will be  
the one who will save his or her life.  
Namely, the person, who magnani-  
mously aims at the love of God the  
Father and does not pursue faint-  
heartedly the material, or spiritual  
gifts of God without Him, will, in the  
end, be the person who will enjoy  
both the love of God, for which he  
strives, as well as all material goods,  
for which he does not strive.

My beloved children in the Lord,  
when we return to Him—to our  
Father who is in heaven, who loves us  
and who desires only our blessedness,  
the giver and source of everything  
good—He will give us everything

good that we need, just as He did to  
the prodigal son, when he returned to  
Him. The best robe, the fattened calf,  
the ring on our finger, the festive  
gathering, and most important of all,  
His paternal embrace. However, in  
order for us to return to His paternal  
embrace, we must turn our backs on  
our sins and, most importantly, our  
selfishness, represented in the parable  
of the Prodigal Son by the carobs  
eaten by the pigs, proving thus the  
honesty of our desire for the love of  
God through our voluntary and  
earnest spiritual struggle.

The true nature of our spiritual strug-  
gle consists of aiming for the love of  
God as the object of our quest and  
desire and, at the same time, of aim-  
ing for the respective deprivation and  
abandonment of other lawful goods  
and desires so that our entire exis-  
tence, soul and mind, can focus on  
our primary target. Therefore, fasting,  
which is one of the most important  
ascetic practices of Great Lent, does  
not express rejection of the blessed  
food but, on the contrary, voluntary  
deprivation of the repose that these  
foods offer to our body. The goal is  
two-fold: on the one hand, for the  
soul to disengage from its exclusive  
interest in the "I", and, on the other  
hand, for the body to become obedi-  
ent and well-trained to the governing  
mind, namely to become an organ  
and not the sovereign of the human  
person.

The goal of spiritual struggle is not  
the acquisition of virtues, or of any



other strange abilities solemnly acquired through human powers, as is believed by those who belong to various humanistic circles. On the contrary, it is the expression of our desire to meet the person of our Lord Jesus Christ, in whom everything is recapitulated, and through whom everything is derived. The Word of God, the Logos, states most clearly that, without Him, we cannot do anything, and the Hymnographer reminds us that, unless the Lord builds the house of virtues of the soul, we struggle in vain. Therefore, we Christians devote ourselves to the love of Christ, and we give up voluntarily many other kinds of love and devotion that are of secondary importance, so that we will become worthy of His presence in the house of our souls. When this is

achieved, with the grace and blessing of God, then peace, joy, and perfect love will have settled permanently into our very existence.

This is the very reason why spiritual struggle is practiced neither with depression, nor with ostentation, but with as much joy and secrecy as possible. If there is the desire to show off, then the goal of the love of God is put aside and self-contentedness enters in its place and, if there is depression and sorrow, then joy and voluntary desire depart, and the person who is fasting lives in a state of oppression and constraint, namely in a spiritual state that is not pleasing in the eyes of God.

Spiritual struggle should be practiced with joy; its main goal should be to

introduce our heart into the love and joy of God, through which every sorrow and vindictiveness, and every complaint and protestation against our fellow human beings are expelled from us. In its place we will then have the unshakable and great peace of God, which will radiate all around us.

May we all pass through the arena of Great Lent, struggling in this way, so that we may enjoy, in all its fullness, the joy of the Resurrection of our Lord Jesus Christ. May His Grace and rich Mercy be with all of you.

Holy and Great Lent 2007

+ Bartholomew of Constantinople  
Your fervent intercessor before God



## ANNUNCIATION FEAST DAY VESPERS AND LITURGY

The Annunciation is not only a holy day in the Orthodox Church calendar, signifying the visitation by the Archangel Gabriel to Mary and his "announcement" to her that she would become the bearer of God (hence, the name by which she is known, "Theotokos"); it is also the Feast Day of the Annunciation Cathedral. Every year, Great Vespers are celebrated on the eve of the Feast, i.e. on March 24, and, following the Divine Liturgy on the Day of the Feast, March 25, a special luncheon is held. This year, the Feast falls on a Sunday. Therefore, Great Vespers will take place in the Cathedral's chapel on Saturday, March 24, beginning at 7 p.m. On Sunday, March 25, the Divine Liturgy will begin at usual time, i.e. at 10:30 a.m. It will be preceded by Orthros, at 9 a.m. Since the Feast Day falls during the course of the Great Lent, when animals and dairy are not eaten, meat and dairy are not served. Instead, the Church permits the eating of fish and, as it does on all Saturdays and Sundays during the Great Lent, wine and oil as well. The service of Artoklasia (lit. "the breaking of bread"), the service of the Five Loaves, will be celebrated following both the service of Great Vespers, on Saturday, March 24, and the Divine Liturgy, on Sunday, March 25. We extend a cordial invitation to all the faithful, to parishioners and friends of the Cathedral, to join in the celebration of the Feast of the Annunciation at the Cathedral this year. For further information, please call the Cathedral office, at 415 864-8000.

### The Ladies Philoptochos Society and the Annunciation Cathedral

cordially invite you  
to a luncheon in honor of

The Feast Day of  
the Annunciation Cathedral  
and  
Greek Independence Day  
on  
Sunday, March 25th

Immediately following the Divine Liturgy  
In the Cathedral's Korinthias Hall

The Woman of the Year  
will also be named

Donation: \$12.00 per person

For more information please call:

Angie Leventis (650) 878-2855  
or the Cathedral at (415) 864-8000





## PETROS GAITANOS IN CONCERT

As part of the week of *Celebrating Hellenic Culture* week (March 18-24), the Metropolis of San Francisco and UHAS (Hellenic Federation of Northern California) invite you to a concert by **Petros Gaitanos**, well-known chanter and popular singer. The concert will take place at the Palace of Fine Arts, San Francisco, on **Sunday, March 18**, 3 p.m. to 6 p.m. Gaitanos will sing traditional songs from Smyrna, Pontos, mainland Greece and the Greek islands, as well as a number of ecclesiastical hymns pertaining to Holy Week. The facility is limited to 900 seats: 400 tickets will be available, at \$100 a ticket, and 500 tickets will be available, at \$50 a ticket. Checks should be paid to the order of UHAS, and mailed to **Roxanne Koston**, 3836 Harvest Drive, Redwood City, CA 94061. For further information, please call UHAS president, **Ted Laliotis**, at 650 948-5705, or E mail him, [ted@laliotis.org](mailto:ted@laliotis.org). You may also wish to visit the web site at [www.hellenicfederation.org](http://www.hellenicfederation.org).



## ALEXANDROS KAPELIS AT HERBST THEATER

Following his recent debut with the Royal Philharmonic in London and sold-out performances in Paris, pianist **Alexandros Kapelis** makes his Bay Area debut with a piano recital inspired by Greece and Greek mythology, with works of Rameau, Clementi, Debussy, Kalomiris, and Konstantinidis, in addition to Rachmaninoff's complete Op. 33 Etudes-Tableaux. The performance will take place on **Wednesday, March 20**, at the Herbst Theatre, 401 Van Ness Avenue, San Francisco, beginning at 8 p.m. Tickets are \$25 and \$40 (\$15 for Students and Seniors), and may be obtained by calling 415 392-4400 or logging onto [www.cityboxoffice.com](http://www.cityboxoffice.com). For more information about Mr. Kapelis, visit [www.kapelis.com](http://www.kapelis.com).



## MARCH 25th GREEK INDEPENDENCE DAY PARADE

An open invitation is being extended to all to attend the parade and celebration of Greek Culture and Heritage on the occasion of the 186th anniversary of Greek independence. The events will take place on **Saturday, March 24**, in San Francisco. The parade will leave from Third and Market Streets, beginning at noon, and will proceed to City Hall. From 2 until 5 p.m., a celebration will take place at Civic Center Plaza, under a big and warm tent, and will feature food, music, and dancing. All events are free of charge and open to all. For your convenience, parking is available at the Civic Center Plaza underground garage. For further information, contact **Ted Laliotis**, 650 948-5705, [ted@laliotis.org](mailto:ted@laliotis.org), **Lou Eleopoulos**, 925 372-8067, or **Margo Drosos**, 925 932-3547, [yasoumargo@astound.net](mailto:yasoumargo@astound.net).

## EASTER BAKE SALE

Every year, the Cathedral Ladies Philoptochos holds an "Easter Bake." The ladies bake *tsourekia* (Easter sweet bread), *koulourakia* (cookies), and they dye eggs red. You may place your order by calling the Cathedral office at 415 864-8000, by April 1. You may pick up your item(s) on Holy Friday, April 6 (10 a.m. to 3 p.m.) or on Holy Saturday, April 7 (10 a.m. to noon). The Easter breads are \$12 each; the cookies are \$7 per dozen; and the red eggs are \$5 per dozen. Proceeds enable the ongoing philanthropic work of the Ladies Philoptochos.

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Thank You, Lord, for your strength and guidance in my work. You are the fulfillment of all good things. Fill my soul with joy and gladness, that I may praise You always. Amen.

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## GOINGS ON IN THE NEIGHBORHOOD

Recently, the Cathedral received notification by the City Planning Department of environmental review of the project proposed for the "used car lot," located adjacent the Cathedral, at 299 Valencia Street. (You may recall, this 11,020 square foot parcel was recently sold to a developer for just under \$4 million.) The project is the construction of 40 residential units, with ground floor retail and parking for 40 cars. The drawings appear to be well thought out.

Recently, it was also brought to our attention that the nearby armory was sold to a company, which plans to make pornographic movies. Although the acquisition of the armory and its intended use were broadcast in the national and the local media, there were no hearing opportunities. Consequently, the Cathedral needs to take the matter into consideration, in planning its future building needs. Among other things, the loss of parking is a serious consideration. You may recall that we have rented parking in the armory for our annual festival, the crab feed, and other large events, as well as for Palm Sunday, Holy Friday, and Easter services. On-site and/or adjacent parking continue to be one of the Cathedral's most pressing needs.

## ANNUNCIATION CATHEDRAL ANNOUNCES ITS 2007 SCHOLARSHIP PROGRAM

The Cathedral is pleased to announce its scholarship program for 2007. Together with the Cathedral Ladies Philoptochos (which offers two scholarships), \$5,000 in scholarships will be offered, as follows:

1. The John N. Pappas Scholarship, in the amount of \$1,000;
2. The Dr. Anthony Bagatelos Scholarship, in the amount of \$1,000;
3. The Cathedral Ladies Philoptochos Scholarship, in the amount of \$1,000;
4. The Christos Tsikitas Scholarship, in the amount of \$500;
5. The Judge S. Lee Vavuris Legal Scholarship, in the amount of \$500;
6. The Argyres Scholarship, in the amount of \$500; and
7. The Andreas and Niki Coundouris Scholarship, in the amount of \$500.

Applicants are asked to complete an application (which may be requested by calling the Cathedral office, at 415 864-8000) by June 1, 2007, and include an official transcript from the high school or college (university/vocational school) they currently attend, together with recent SAT or ACT scores and a letter of recommendation from a member in good standing with the Cathedral or the Cathedral Ladies Philoptochos. Scholarship certificates will be presented to the scholarship recipients on Sunday, June 17, at the Scholarship/Father's Day Social following that day's Divine Liturgy.

## COMMUNITY LINK

Community Link, now in its third year, is a Cathedral ministry, which consists of monthly visitations by volunteers to seniors, shut-ins and folks in distress. Community Link invites you to be a part of its "team." It meets at the Cathedral the third Saturday of each month at 9:00 a.m. Following prayer and visit assignments, we begin our visits by 10:00am, and we conclude by noon. A few hours, well spent!

To join, or for further information, please contact Caroline Pappajohn at cpappajohn@yahoo.com or 415-699-563. Our next visitation will take place on Saturday, March 17, 9 a.m. to noon. For the remainder of 2007, we will meet on April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, and December 15. We look forward to welcoming you.

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## Sacraments & Services

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### BAPTISMS

Alexander Michael, son of Michael Rod Truog and Katherine Leventis, was baptized on January 27. His sponsor is Despina Kokalis.

Nicole Anne, daughter of Michael Rod Truog and Katherine Leventis, was baptized on January 27. Her sponsor is Allyson Montgomery.

Daniel (Dionysios) Michael, son of the late Anastasios Michael Grampsas and Bonnie Rae Clutts, was baptized February 10. His sponsor is Nektarios McKnight.



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## FOCUS ON YOUTH

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### CATHEDRAL REPRESENTED BY TWO GROUPS AT FDF

**T**wo of the Annunciation Cathedral's three dance groups, Ta Angelakia and Filadelfakia, attended this year's FDF (Folk Dance Festival), which took place in Ontario, CA February 15 through February 18. The Festival, the largest of its kind in the United States, attracted one hundred seven groups, some 3,000 dancers, directors and family members, in all.

Ta Angelakia, which consists of the following dancers: Anthony Obester, Dimitri Kontonis, Oresti Hernandez, Eleni Verros, Christina Stratakis and Sophia Vitkoff, ages 10 to 12, performed two rounds of dances from the Macedonian region. Filadelfakia, which consists of the following dancers: Harry Mithos, Erini Mithos, Arianna Stratakis, Michael Stratakis, Alyssa Obester, Manoli Nuris, Jimmie Stavrakaras and Angela Hernandez, ages 13 to 16, also performed two rounds. The semi-final round was from the Macedonian region. Their final round was from the region of Thrace. Michael Garibaldi and Leah Stavrakaras are the directors of Ta Angelakia and Elpida and Leah Stavrakaras and Michael Garibaldi are the directors of Filadelfakia. Parents of the children accompanied them to Ontario, as will the directors and Athena Stavrakaras, General Director of the Dance Program. We are proud of our groups, not least because of the extra effort they made to learn the dances and to enter into competition at the FDF level.

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### ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

**T**his year's St. John Chrysostom Oratorical Festival will take place, at the parish level, on Sunday, April 22. It will take place in the Cathedral's chapel, at 11:30 a.m., following the Divine Liturgy. On the Bay Area District level, it will take place at the Church of the Resurrection, in Castro Valley, on Sunday, April 29. At the Metropolis level, it will take place at the St. George Greek Orthodox Church, in Fresno, CA, on Saturday, May 19.

This year's Oratorical Festival is devoted to the numerous immovable feasts that are found in the Menaia (the books that commemorate the saints, according to the fixed feasts, such as St. Demetrios (October 26), or St. Barbara (December 4). The word Menaia is plural for Menaion, a Greek word meaning "month." Thus,

the Menaia are monthly liturgical books divided, as one might expect, into twelve separate books or volumes, one for each month of the year. Since the liturgical calendar of the Orthodox Church begins on September 1, the first book of the Menaia is September. Each of the twelve books of the Menaia is organized according to the days of the month. For each day of the month, the Menaion contains the names of the saints whom the Church commemorates on that particular day, as well as special hymns for the services of Vespers, Orthros and Liturgy that extol the virtues, deeds, and faith of the saints commemorated. Finally, each day includes a brief biography of the saints. The web site of the Archdiocese contains an interactive calendar of the saints where the basic hymns associated with the saints and a short

### ONCE AGAIN, ANOTHER SUCCESSFUL PONTIC GLENDI

**I**t was a wonderful event, attended by over 350 people, who were treated to mezedakia and a wonderful dinner and had the opportunity to see our dance groups perform and to participate in the Pontian dancing afterwards—complete with instructions on how to dance these challenging dances. The glendi, held at the Cathedral on Saturday, February 10, raised funds to support the folk dance program at the Cathedral, including payment towards FDF registration and expenses. Named for the Pontian Greeks who lived for millennia along the shores of the Black Sea, in northern Asia Minor (modern Turkey), until they were forcibly uprooted by the Turks at the beginning of the 20th century, the event honors the Pontians' bravery and their unique culture. Some of the dances which our dance groups are learning are from the region of Pontos.

biography are available: [www.goarch.org/en/chapel/calendar.asp](http://www.goarch.org/en/chapel/calendar.asp). Hymns for the Vespers services for many of the saints referenced in the topics for both the junior and senior divisions can be found in *The Holy Office of Vespers for Feast Days*, Northridge, CA, Narthex Press, 1998.

The topics for the Junior Division include: the Archangels, St. Anthony, Sts. Constantine and Helen, St. Katherine, Sts. Cosmas and Damian, and St. Andrew. For the Senior Division, they include: St. Athanasios, the Prophet Elijah, St. Romanos the Melodist, Sts. Cyril and Methodios, the Three Hierarchs (Basil the Great, Gregory the Theologian, and John Chrysostom), and the Holy Prophet, St. John the Forerunner and the Baptist.



# Annunciation

## 8th Annual Family Camping Trip

**August 2 - August 7**

**6 days - 5 nights**

**At Casini Ranch Family**

**Campground on the Russian River**



Experience the beauty and excitement of California's North Coast at Casini Ranch Family Campground, nestled on the historic Russian River. One hundred twenty acres of family fun and a mile of sandy waterfront await you!! Enjoy hiking, bicycling, volleyball, softball, horseshoes and fishing. Drift along the river in a canoe or just relax on the beach.

|                     |           |
|---------------------|-----------|
| Family of 2 persons | \$ 370.00 |
| Family of 3 persons | \$ 390.00 |
| Family of 4 persons | \$ 410.00 |
| Family of 5 persons | \$ 430.00 |

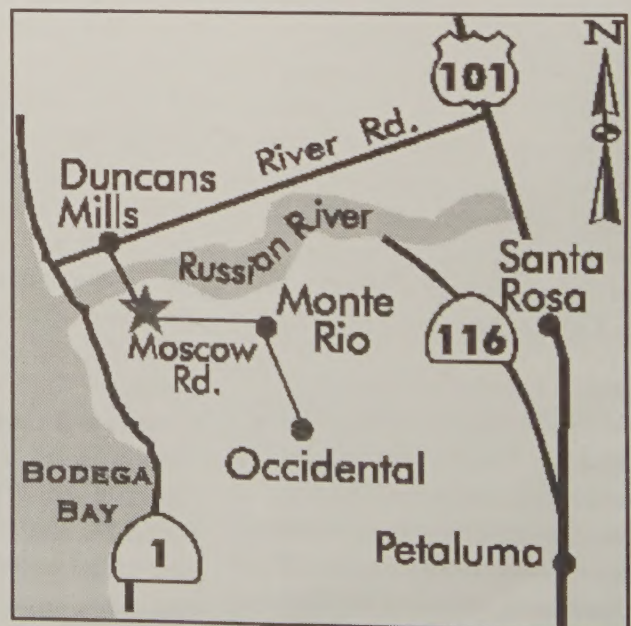
- Limit 1 tent per family
- Price Includes all meals
- Price does not include tent

**RESERVATIONS AND FEES**  
**DUE BY 7/11/07**

For reservations & Information  
call Patty Rally  
650.344.3773

### Facilities Available:

General Store, Hot Showers,  
Laundromat, Playground



**Space is Limited - Reservations are First come, first serve**



## **DINNER TO RAISE FUNDS FOR ARIANA KALLAS SET FOR JUNE 2**

Parishioners and friends of the Cathedral are being asked to save Saturday evening, June 2, as we celebrate "Ariana Kallas Day." A dinner will be held to help raise funds to help this youngest of our parishioners, who was diagnosed with Morquio Type A syndrome. Morquio is a progressive disorder, stunting growth and causing severe skeletal disease in young children. It is a very rare, genetic disease. Because of the many symptomatic bone deformities, these children end up having frequent surgical operations, usually before the age of five. The progressiveness of this disease leads to a shortened life span and typically places the child in a wheelchair by the age of ten.

With hope, a wonderful miracle is just around the corner. A primary researcher, Dr. Shunji Tomatsu, who has been working on Morquio Type A related research for over 17 years, has isolated and created the enzyme that will completely stop the progression of this terrible disease in young children. In fact, Dr. Tomatsu believes he is close to providing the necessary treatment that would completely eliminate the symptoms of this disease. Dr. Tomatsu is Associate Professor at the St. Louis University School of Medicine, Pediatric Research Institute, in St. Louis, Missouri. Dr. Tomatsu will speak to us on the progress and challenges facing Morquio research.

For the correct upbringing of your children: few words, much example, and more prayer are necessary.

Reverend Father Epiphanius Theodoropoulos  
Counsels for Life

## **IONIAN VILLAGE ACCEPTING STAFF APPLICATIONS**

Ionian Village, the travel abroad camping program of the Greek Orthodox Archdiocese of America, is now accepting volunteer staff applications for the summer of 2007. Ionian Village staff members have a unique opportunity to play an important role in the spiritual, cultural and social development of Greek Orthodox teens from all over the United States of America as they travel the most significant religious and cultural sites in Greece. Destinations include the Islands of Zakynthos and Kefalonia, Meteora, Ancient Olympia, and the Acropolis. Applicants can download and print a staff application form from our website at <http://www.ionianvillage.org/staff.html#apply>

## **REGISTRATION FOR IONIAN VILLAGE 2007**

Registration for Ionian Village, the summer travel abroad camp program of the Greek Orthodox Archdiocese of America, is now open. For over 30 years, Ionian Village has enabled teenagers and young adults to experience the history of their Orthodox Faith and Hellenic Culture through its unique camping program and excursions through Greece. Guided by carefully selected and trained staff, participants will visit churches and monasteries, learn about the lives of the saints, and venerate their relics in Zakynthos (St. Dionysios), Kefalonia (St. Gerasimos), and Aegina (St. Nektarios). They will also visit Patras, Mega Spileon, Kalavrita, and Aghia Lavra. Additionally, campers will gain appreciation for Hellenic contributions to the world by visiting the ruins of Ancient Olympia, Ancient Delphi, Cape Sounion, and the Acropolis in Athens. In addition to its great spiritual and cultural value, the Ionian Village camp site is located on the Ionian Sea and provides a fun and social environment where campers participate in athletic events, craft projects, swimming at the beach, and catechetical discussions.

In order to make Ionian Village accessible to more of our youth this year, both sessions will accommodate campers in grades 8-12 (those entering 8th grade in the fall of 2007 through those graduating 12th grade in the spring of 2007). The sessions run from June 28-July 12 (Session I) and July 24-August 12 (Session II). A \$200 Early Bird Registration discount is being offered to those who send their completed registration form, along with their deposit, by March 7. For more information about Ionian Village, or to download a registration packet, please visit [www.ionianvillage.org](http://www.ionianvillage.org). You may also contact Ionian Village by calling 646 519-6190 or sending an E mail to [ionianvillage@goarch.org](mailto:ionianvillage@goarch.org).

## **ANNUNCIATION CATHEDRAL ANNOUNCES ITS 2007 CAMPING PROGRAM**

Now in its 8th year, the Cathedral's family camping trip will take place Thursday, August 2nd through Tuesday, August 7th at the Casini Ranch Family Campground, nestled along the historic Russian River. Consisting of 120 acres, the camp site features a mile of sandy waterfront, where some of our water activities take place. In addition, we offer hiking, bicycling, volleyball, softball, horseshoes, fishing, and arts and crafts. For those who don't mind "roughing it," as long as it's not too excessive, the site offers a general store, hot showers, and a Laundromat. Please see the enclosed flyer for directions, and rates, or call Patty Rally, at 640 344-3773. Reservations and fees are due no later than July 11.



## MARCH CALENDAR

|                     |   |
|---------------------|---|
| Friday, March 2     | Second Salutations, 7 p.m.  |
| Sunday, March 4     | Our Father Among the Saints,<br>Gregory Palamas   |
| Wednesday, March 7  | Presanctified Liturgy, 10 a.m.,<br>Bible Study at 11  |
| Friday, March 9     | Third Salutations, 7 p.m.   |
| Sunday, March 11    | Sunday of the Holy Cross  |
| Wednesday, March 14 | Presanctified Liturgy, 10 a.m.,<br>Bible Study at 11  |
| Friday, March 16    | Fourth Salutations, 7 p.m.  |
| Saturday, March 17  | Community Link, 10 a.m. to noon   |
| Sunday, March 18    | Sunday of John of the Ladder<br>(Climacos)<br>Petros Gaitanos Concert,<br>3-6 p.m., Palace of Fine Arts                                 |
| Tuesday, March 20   | Alexandros Kapelis Recital,<br>8 p.m., Herbst Theatre   |
| Wednesday, March 21 | Presanctified Liturgy, 10 a.m.,<br>Bible Study at 11<br>Parish Council, 7 p.m.  |
| Friday, March 23    | Akathyst, 7 p.m.  |
| Saturday, March 24  | Greek Independence Day<br>Parade, noon-2 p.m.<br>Followed by celebration at<br>Civic Center Plaza<br>Annunciation Great Vespers, 7 p.m. |
| Sunday, March 25    | Feast of the Annunciation,<br>luncheon following the Liturgy,<br>Naming of Woman of the Year  |
| Wednesday, March 28 | Presanctified Liturgy, 10 a.m.,<br>Bible Study at 11  |
| Saturday, March 31  | Saturday of Lazaros<br>Divine Liturgy, 10a.m.,<br>followed by palm tying  |

## LOOKING AHEAD

|                    |  |
|--------------------|--|
| Sunday, April 1    | Palm Sunday, Divine Liturgy,<br>10:30 a.m.,<br>Service of the Bridegroom<br>(Nymphios), 7 p.m. |
| Monday, April 2    | Holy Monday,<br>Service of the Bridegroom<br>(Nymphios), 7 p.m.                                |
| Tuesday, April 3   | Holy Tuesday,<br>Service of the Bridegroom<br>(Nymphios), 7 p.m.                               |
| Wednesday, April 4 | Holy Wednesday, Holy Unction,<br>7 p.m.  |
| Thursday, April 5  | Holy Thursday, Divine Liturgy,<br>9:30 a.m.<br>The Twelve Gospels, 7 p.m.                      |

Friday, April 6

Holy Friday, Great Hours, 10 a.m.,  
Descent from the Cross, 1 p.m.,  
The Lamentations, 7 p.m.  
"TGI Pascha" (Holy Friday  
Program for our Youth,  
9 a.m. to 3 p.m.

Saturday, April 7

Holy Saturday, Divine Liturgy,  
7 a.m., Paschal Vigil, 11 p.m.  
Anastasis, Paschal Liturgy, midnight

Sunday, April 8

Pascha, Agape Vespers, 11 a.m.

Saturday, April 21

Philoptochos Appreciation Dinner

Sunday, April 22

Parish Oratorical Festival/  
Godparents Sunday/Parish Assembly

Saturday, May 11

Mother's Day Luncheon and  
Fashion Show

Saturday, June 2

"Gift of Love" Ariana Kallas  
Fund Raiser

Sunday, June 10

Sunday School Graduation

Sunday, June 17

Scholarship/Father's Day

Thursday, August 2- Tuesday, August 7

8th Annual Family Camping Trip

September 9

Sunday School Resumes

Sunday, September 16

Western Barbeque

Friday, September 28-Sunday, September 30

Food Festival

Sunday, November 18

Thanksgiving Luncheon Honoring  
our Seniors

Sunday, December 16

Sunday School Christmas Program

## RECURRING EVENTS

Tuesdays

6:30 p.m. to 9:30 p.m. Team Basketball Practice  
(Greek Dance Practice  
will resume in April)  
7:00 p.m. to 9:30 p.m. Girls C Basketball Practice

Wednesdays

4:00 p.m. to 6:00 p.m. Greek School  
(Conference Room)  
6:30 p.m. to 10:00 p.m. Team Basketball Practice

Thursdays

7:00 p.m. to 10:30 p.m. OYAA Scheduled  
Basketball Games

Sundays

12 noon to 3:00 p.m. Greek Dance Practice  
9 a.m. to 10:30 a.m. Introduction to Orthodoxy  
(Conference Room)  
noon to 1:30 Bible Study (in Greek),  
(Conference Room)



# ΚΟΙΝΟΤΙΚΑ ΝΕΑ ΚΑΙ ΑΝΑΚΟΙΝΩΣΕΙΣ

## Ο ΕΟΡΤΑΣΜΟΣ ΤΟΥ ΕΥΑΓΓΕΛΙΣΜΟΥ

Κάθε χρόνο, έτσι και εφέτος, ο Καθεδρικός Ναός καλεί τους πιστούς να συνεορτάσουμε τη διπλή γιορτή, του Ευαγγελισμού· το γεγονός που περιγράφει ο Ευαγγελιστής Λουκάς στο πρώτο κεφάλαιο του Ευαγγελίου του, δηλ. τον Ευαγγελισμό της Θεοτόκου (η εάν θέλετε, τον Ευαγγελισμό προς την Θεοτόκο) και την Ελληνική Αναγέννηση· δηλ. την απελευθέρωση του Ελληνικού από τη 400-χρονη σκλαβιά του Ελληνικού λαού κάτω από τη σκλαβιά των Τούρκων. Και οι δύο, θρησκευτικές γιορτές, που πανηγυρίζουν την ελευθερία του ανθρώπου, η πρώτη από το ζυγό της αμαρτίας και του σκότους, η δεύτερη από το σκοτάδι της ανθρωπίνης σκλαβιάς. Το Σάββατο, 24 Μαρτίου, και ώρα 7 μ.μ. θα γίνει ο Μεγάλος Εσπερινός. Τη Κυριακή, 25 Μαρτίου θα τελέσουμε τη Θεία Λειτουργία, από τις 10:30 π.μ., αφού ο Όρθρος τελεσθεί...αρχίζει στις 9 π.μ. Και μετά τον Εσπερινό και μετά τη Θεία Λειτουργία θα τελέσουμε αρτοκλασία, και μετά τη Θεία Λειτουργία θα επακολουθήσει γεύμα, στην αίθουσα δεξιώσεως του Ναού. Σημειώσετε, επίσης, μπαίνοντας στη Μεγάλη Σαρακοστή, ότι κάθε Τετάρτη πρωί, στις 10 π.μ.) θα τελέσουμε τη Θεία Λειτουργία των Προηγιασμένων Δώρων (αυτό για τις

7, 14, 21 και 28 Μαρτίου) και κάθε Παρασκευή, στις 7 μ.μ. θα τελείται η ακολουθία των Χαιρετισμών (αυτό για τις 2, 9, 16, και 2-ο Ακάθιστος Ύμνος).

## Ο ΠΕΤΡΟΣ ΓΑΪΤΑΝΟΣ ΣΕ ΣΥΝΑΥΛΙΑ

Εν σχέσει με τον εβδομαδιαίο γιορτασμό του Ελληνικού Πολιτισμού (18-24 Μαρτίου), με την ευκαιρία της 25ης Μαρτίου, η Μητρόπολη του Αγίου Φραγκίσκου, μαζί με τα Ενωμένα Σωματεία, παρουσιάζουν τον διάσημο μουσικό Πετρο Γαϊτάνο, ο οποίος θα τραγουδήσει στο "Παλάτι Καλών Τεχνών, Αγ. Φραγκίσκο" την Κυριακή 18 Μαρτίου, 3-6 μ.μ. Για να κλείσετε θέσεις, τηλεφωνείτε στον Θ. Λαλιώτη, στο 650 948-5705. Υπάρχουν εισητήρια των 50 δολλ. και των 100 δολλ.

## Ο ΑΛΕΞΑΝΔΡΟΣ ΚΑΠΕΛΗΣ ΣΕ ΣΥΝΑΥΛΙΑ

Επίσης, καλείστε να παρευρεθείτε σε συναυλία ενός νεαρού πιανίστα που παρουσιάζει το Ελληνικό Γενικό Προξενείο, του Αλεξάνδρου Καπέλη, που θα λάβει χώρα στο Θέατρο Χέρπστ, Αγ. Φραγκίσκο, τη Τετάρτη 20 Μαρτίου, και ώρα 8 μ.μ. Τα εισητήρια έχουν 25 δολλ. και 40 δολλ. (15 δολλ. για φοιτητές και συνταξιούχους). Για να κλείσετε

θέσεις, τηλεφωνείτε στο 415 392-4400, ή επισκεφθείτε το [www.chitvbozofixex.com](http://www.chitvbozofixex.com).

## ΠΑΡΕΛΑΣΗ ΓΙΑ ΤΙΣ 25 ΜΑΡΤΙΟΥ

Όπως κάθε χρόνο, έτσι και εφέτος θα γίνει η Παρέλαση-εορτασμός της Ελληνικής Ανεξαρτησίας. Η παρέλαση θα αρχίσει το μεσημέρι, το Σάββατο, 24 Μαρτίου, ξεκινώντας από τους Τρεις Δρόμους και Μάρκετ, και τελειώνοντας στη πλατεία έξω από το Δημαρχείο του Αγ. Φραγκίσκου, όπου θα επακολουθήσει είδος φεστιβάλ, κάτω από μια μεγάλη σκηνή, 2 με 5 μ.μ. Η είσοδος ελεύθερα. Καλούνται πατριώτες, Έλληνες, και φιλέλληνες όπως δώσουμε το παρών, έτσι τιμώντας τη μνήμη των τόσων που θυσιάσαν τη ζωή τους για την ελευθερία της Ελλάδας, δείχνοντας στους συμπολίτες μας ότι υπάρχουμε, ένα κομμάτι του Ελληνισμού, σ'αυτη τη διάσημη, τη πιο δυτική γωνιά του κόσμου, εδώ και 150 χρόνια τώρα.



As a bird without wings, as a soldier without arms, so is a Christian without prayer.

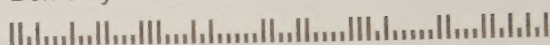
Saint Tikhon of Zadonsk  
Eighteenth Century



UNITED GREEK ORTHODOX COMMUNITY OF  
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ANNUNCIATION CATHEDRAL  
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### CATHEDRAL PREPARING UPDATED AND REVISED DIRECTORY

**T**he Cathedral is in the process of updating and revising its directory of stewardship members, friends and supporting business and is enlisting your assistance. If your address, phone number(s), or e mail address has changed since the directory was last revised, in 2006, won't you take a minute to call the Cathedral office, at 415 864-8000, and report the change(s). If you prefer, please fill out and return the form below:

Please update the Cathedral's directory by making the following changes:

Name(s) \_\_\_\_\_

Phone(s) \_\_\_\_\_

Address \_\_\_\_\_

(City, State, Zip) \_\_\_\_\_

E-Mail \_\_\_\_\_

Kindly return the form, by mail, to: Cathedral Directory, 245 Valencia Street, San Francisco, CA 94103-2320, or electronically, to: [dean@annunciation.org](mailto:dean@annunciation.org)

Your assistance in helping us better serve you is very much appreciated.